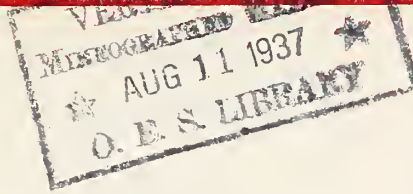


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MAY CAN FRUITS

WITHOUT SUGAR

Fruits may be canned or fruit juices bottled without sugar, but they will not hold their color, flavor, or shape so well, according to the Bureau of Home Economics. Unsweetened canned fruit is useful for pie-making and also for diets for diabetics.

Juicy fruits such as berries, cherries, currants, and plums should be canned in their own juices rather than with water when no sugar is used. Extract the juice from the riper fruits by crushing, heating, and then straining. Pack the remaining fruits closely into glass jars or tin cans without preheating and add enough boiling juice to cover them. Partially seal the jars or exhaust and then seal tin cans. Process them in a hot-water bath from 5 to 20 minutes depending on the density of the fruit. Another method is to precook the fruit at simmering temperature for from 2 to 4 minutes and then pour it hot into containers. Seal and process.

The less juicy fruits such as apples, peaches, and pears when canned without sugar require some water. But to hold all natural flavor possible, use only the smallest amount of water necessary. Simply follow the standard directions for canning these particular fruits using water instead of sirup.

Honey or light-colored sirups are sometimes substituted for all or part of the sugar in canning, but the results are not so certain as with granulated sugar.

